

SMS Maama Weekly Report

Date: 2017-08-05 14:39 EAT

Report Date: 2017-07-29 - 2017-08-04

Prepared By: Faith Nassiwa

All SMS Maama Contacts.

Phone Number	Name	Points	Enrolled On	Week Enrolled
+256758000280	Derrick	1	2017-05-04 12:49	12
+256774019751	Nakabuye	4	2017-05-06 09:41	10
+256775414650		0	2017-05-31 15:02	18
+256776148155		9	2017-05-30 12:48	24
+256782849720		0	2017-06-01 13:03	24
+256701881187		3	2017-06-08 16:29	24
+256782364489		4	2017-06-08 15:56	11
+256773756451		5	2017-06-08 15:28	22
+256787413130		10	2017-06-08 10:50	28
+256787389867		7	2017-06-07 14:22	24
+256700115058		0	2017-06-07 13:19	18
+256783960049		7	2017-06-07 12:30	24
+256775264934		5	2017-06-12 12:29	24
+256781122132		6	2017-06-14 13:11	20
+256783242641		2	2017-06-13 11:01	13
+256752729000		0	2017-06-12 10:34	10
+256784305332	SMSMaama Contact 4	1	2017-06-19 17:31	25
+256784169397		4	2017-06-23 16:40	20
+256777840696	SMSMaama Contact 1	0	2017-06-19 16:56	22
+256780338044		3	2017-06-20 12:32	20
+256703359694	SMSMaama Contact 2	0	2017-06-08 13:53	28
+256777880713	SMSMaama Contact 3	3	2017-06-13 15:07	24
+256700414646	SMSMaama Contact 5	1	2017-06-19 17:34	15
+256779094147		0	2017-06-30 16:45	11
+256782107014		6	2017-06-28 15:20	28
+256773289937		4	2017-06-27 13:23	22

+256704366457		0	2017-06-27 12:17	22
+256784064254	SMSMaama Contact 7	0	2017-06-26 12:49	20
+256773790638	SMSMaama Contact 6	0	2017-06-26 12:54	20
+256776148882		3	2017-06-26 12:40	25
+256775489403		3	2017-07-06 13:39	21
+256773393999		1	2017-07-04 13:07	16
+256774780381		2	2017-07-11 13:16	25
+256774370021	SMS Maama Contact 8	0	2017-07-22 08:58	28
+256759555920	Sms Maama Contact 9	0	2017-07-04 14:06	20
+256701380609	Sms Maama Contact 10	0	2017-07-05 08:34	18
+256752424097	Sms Maama Contact 11	0	2017-07-07 17:51	14
+256703181825	Sms Maama Contact 12	0	2017-07-09 14:17	10
+256700256871	Sms Maama Contact 13	0	2017-07-10 11:37	21
+256753652415	Sms Maama Contact 14	0	2017-07-11 13:37	21
+256778549345	Sms Maama Contact 15	0	2017-07-14 12:56	15
+256781470755	Sms Maama Contact 16	0	2017-07-14 17:25	18
+256778991035		0	2017-08-04 12:59	18
+256775374881		0	2017-07-31 13:25	21

SMS Maama Week of Pregnancy Upon Enrollment Status

SMS Maama Week	Number of Participants
SMS Maama 10	3
SMS Maama 11	2
SMS Maama 12	2
SMS Maama 13	1
SMS Maama 14	3
SMS Maama 15	1
SMS Maama 16	2
SMS Maama 17	0
SMS Maama 18	7
SMS Maama 19	1
SMS Maama 20	9
SMS Maama 21	6
SMS Maama 22	4
SMS Maama 23	1
SMS Maama 24	8
SMS Maama 25	3

SMS Maama 26	1
SMS Maama 27	0
SMS Maama 28	6

Total Participants: 60

Weekly Enrolled Contacts

Phone Number	Enrolled On	Language
+256778991035	2017-08-04 12:59	eng
+256777716001	2017-08-03 16:57	eng
+256773726952	2017-08-02 12:30	eng
+256758924724	2017-08-02 15:01	eng
+256772996805	2017-08-02 15:01	eng
+256704484213	2017-08-01 12:51	eng
+256704365220	2017-08-02 15:01	eng
+256756224325	2017-08-02 15:01	eng
+256753741886	2017-08-02 15:01	eng
+256779534301	2017-08-02 15:01	eng
+256775374881	2017-07-31 13:25	eng

Total Weekly Participants: 11

Weekly Message Count Summary

Total Messages Sent: 193
Total Messages Delivered: 175
Total Messages Hanging(No delivery receipt): 11
Total Failed to Send Messages: 6
Total Weekly Responses: 76

Weekly Baby, Post-Partum Initiations

Phone Number	Message	Status	Sent On
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Total Weekly Baby Responses: 0

Weekly Terminations

Phone Number	Message	Status	Sent On
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Total Weekly Terminations: 0

Responses to Screening Questions

Phone Number	Screening	Question Sent On	Response	Sent On
+256758000280	Screening 1	2017-05-10 12:54	NO	2017-05-10 12:59

+256774019751	Screening 3	2017-06-16 14:33	Nedda	2017-06-16 14:36
+256774019751	Screening 2	2017-06-02 14:33	Nedda	2017-06-02 14:37
+256774019751	Screening 1	2017-05-12 14:33	Nedda	2017-05-13 04:22
+256774019751	Screening 6	2017-07-28 14:33	Yee	2017-07-28 15:56
+256776148155	Screening 2	2017-06-12 13:07	Yes	2017-06-12 14:52
+256776148155	Screening 1	2017-06-05 13:07	No	2017-06-05 21:22
+256776148155	Screening 3	2017-06-19 13:07	No	2017-06-19 13:08
+256776148155	Screening 4	2017-06-26 13:07	Yes	2017-06-26 15:19
+256776148155	Screening 5	2017-07-10 13:07	Yes	2017-07-10 13:08
+256776148155	Screening 6	2017-07-17 13:07	No	2017-07-17 13:44
+256776148155	Screening 7	2017-07-24 13:07	Yes	2017-07-24 13:09
+256776148155	Screening 8	2017-07-31 13:07	No	2017-07-31 13:08
+256783960049	Screening 1	2017-06-13 12:31	No	2017-06-13 12:32
+256783960049	Screening 2	2017-06-20 12:31	Yes	2017-06-20 12:46
+256783960049	Screening 3	2017-06-27 12:31	No	2017-06-27 12:34
+256783960049	Screening 4	2017-07-04 12:31	Yes	2017-07-04 13:08
+256783960049	Screening 6	2017-07-25 12:31	Yes	2017-07-25 12:35
+256783960049	Screening 7	2017-08-01 12:31	Yes	2017-08-01 12:34
+256787389867	Screening 1	2017-06-13 14:23	NO	2017-06-13 15:31
+256787389867	Screening 2	2017-06-20 14:23	YES	2017-06-20 14:25
+256787389867	Screening 3	2017-06-27 14:23	NO	2017-06-27 14:24
+256787389867	Screening 4	2017-07-04 14:23	YES	2017-07-04 15:09
+256787389867	Screening 5	2017-07-18 14:23	YES	2017-07-18 14:29
+256787389867	Screening 6	2017-07-25 14:23	YES	2017-07-25 14:43
+256787389867	Screening 7	2017-08-01 14:23	YES	2017-08-01 15:32
+256787413130	Screening 1	2017-06-14 10:51	No	2017-06-14 11:45
+256787413130	Screening 2	2017-06-21 10:51	YES	2017-06-21 10:53
+256787413130	Screening 3	2017-06-28 10:51	NO	2017-06-28 10:51
+256787413130	Screening 4	2017-07-05 10:51	YES	2017-07-05 11:02
+256787413130	Screening 5	2017-07-12 10:51	YES	2017-07-12 10:59
+256787413130	Screening 6	2017-07-19 10:51	YES	2017-07-19 10:52
+256787413130	Screening 7	2017-07-26 10:51	NO	2017-07-26 10:53
+256787413130	Screening 8	2017-08-02 10:51	No	2017-08-02 11:03
+256773756451	Screening 1	2017-06-14 15:31	No	2017-06-14 17:02
+256773756451	Screening 2	2017-06-21 15:31	Yes	2017-06-21 18:49
+256773756451	Screening 3	2017-06-28 15:31	No	2017-06-28 16:04
+256773756451	Screening 4	2017-07-05 15:31	Yes	2017-07-05 15:41
+256773756451	Screening 6	2017-07-26 15:31	yes	2017-07-26 16:10

+256782364489	Screening 1	2017-06-14 15:57	No	2017-06-14 16:06
+256782364489	Screening 2	2017-07-05 15:57	YES	2017-07-05 16:56
+256782364489	Screening 3	2017-07-19 15:57	No	2017-07-19 22:34
+256782364489	Screening 4	2017-07-26 15:57	NO	2017-07-26 16:46
+256701881187	Screening 1	2017-06-14 16:31	NO	2017-06-14 16:59
+256701881187	Screening 2	2017-06-21 16:31	YES	2017-06-21 18:16
+256701881187	Screening 3	2017-06-28 16:31	NO	2017-06-28 16:52
+256775264934	Screening 1	2017-06-18 12:30	No	2017-06-18 14:37
+256775264934	Screening 2	2017-06-25 12:30	Yes	2017-06-25 12:31
+256775264934	Screening 4	2017-07-09 12:30	Yes	2017-07-09 12:32
+256775264934	Screening 5	2017-07-23 12:30	Yes	2017-07-23 12:51
+256775264934	Screening 6	2017-07-30 12:30	No	2017-07-30 12:51
+256783242641	Screening 1	2017-06-19 11:02	No	2017-06-19 14:16
+256783242641	Screening 4	2017-07-31 11:02	Yes	2017-07-31 17:56
+256777880713	Screening 1	2017-06-25 17:05	No	2017-06-25 19:38
+256777880713	Screening 5	2017-07-30 17:05	Yes	2017-07-30 21:50
+256781122132	Screening 1	2017-06-20 13:13	NO	2017-06-20 13:34
+256781122132	Screening 2	2017-06-27 13:13	YES	2017-06-27 13:51
+256781122132	Screening 3	2017-07-04 13:13	NO	2017-07-04 14:39
+256781122132	Screening 4	2017-07-11 13:13	YES	2017-07-11 17:42
+256781122132	Screening 5	2017-07-25 13:13	YES	2017-07-25 21:05
+256781122132	Screening 6	2017-08-01 13:13	YES	2017-08-01 13:14
+256784305332	Screening 5	2017-07-31 10:29	Yes	2017-07-31 10:32
+256700414646	Screening 1	2017-06-25 17:38	No	2017-06-25 19:12
+256780338044	Screening 1	2017-06-26 12:34	NO	2017-06-26 12:46
+256780338044	Screening 5	2017-07-31 12:34	YES	2017-07-31 13:08
+256784169397	Screening 1	2017-06-29 16:56	No	2017-06-29 18:31
+256784169397	Screening 2	2017-07-06 16:56	Yes	2017-07-07 10:04
+256784169397	Screening 3	2017-07-13 16:56	No	2017-07-13 16:56
+256784169397	Screening 4	2017-07-20 16:56	Yes	2017-07-20 16:57
+256776148882	Screening 3	2017-07-16 12:41	NO	2017-07-16 13:47
+256776148882	Screening 4	2017-07-23 12:41	YES	2017-07-23 12:54
+256704366457	Screening 2	2017-07-10 12:17	Wat brings infection	2017-07-11 11:37
+256773289937	Screening 1	2017-07-03 13:25	No	2017-07-03 13:26
+256773289937	Screening 3	2017-07-17 13:25	No	2017-07-17 13:59
+256773289937	Screening 4	2017-07-24 13:25	Yes	2017-07-24 13:26
+256782107014	Screening 1	2017-07-04 15:24	No	2017-07-04 16:10

+256782107014	Screening 2	2017-07-11 15:24	Yes	2017-07-11 16:20
+256782107014	Screening 3	2017-07-18 15:24	No	2017-07-18 17:38
+256782107014	Screening 4	2017-07-25 15:24	Yes	2017-07-25 16:55
+256782107014	Screening 5	2017-08-01 15:24	Yes	2017-08-01 15:51
+256773393999	Screening 1	2017-07-10 13:17	NO	2017-07-10 13:21
+256775489403	Screening 1	2017-07-12 13:39	No	2017-07-12 13:59
+256775489403	Screening 3	2017-07-26 13:39	No	2017-07-26 16:27
+256775489403	Screening 4	2017-08-02 13:40	Yes	2017-08-02 13:50
+256774780381	Screening 2	2017-07-24 13:58	Yes	2017-07-24 14:18
+256774780381	Screening 3	2017-07-31 13:58	No	2017-07-31 14:11

Responses to Antenatal Reminders

Phone Number	Appointment Reminder	Reminder Sent On	Response	Sent On
+256776148155	First appointment reminder	2017-07-03 13:07	Yes	2017-07-03 13:57
+256783960049	First appointment reminder	2017-07-11 12:31	Yes	2017-07-11 12:45
+256787413130	First appointment reminder	2017-07-06 10:51	YES	2017-07-06 12:09
+256787413130	Second appointment reminder	2017-07-27 10:51	YES	2017-07-27 10:52
+256777880713	First appointment reminder	2017-07-23 17:05	Yes	2017-07-23 17:07
+256780338044	First appointment reminder	2017-07-24 12:34	YES	2017-07-24 12:40
+256776148882	First appointment reminder	2017-07-30 12:42	YES	2017-07-30 13:32
+256773289937	First appointment reminder	2017-07-31 13:25	Yes	2017-07-31 15:21
+256782107014	First appointment reminder	2017-07-26 15:24	Yes	2017-07-26 15:26

TMCG Call Interactions

No TMCG voice call interactions yet.

Weekly Responses

Phone Number	Message	Status	Sent On
+256773658500	SME	handled	2017-07-11 14:50
+256780391286	SME	handled	2017-07-11 17:59

+256702477778	SME	handled	2017-07-12 17:29
+256702477778	SME	handled	2017-07-12 17:30
+256702477778	SME	handled	2017-07-12 17:30
+256702477778	SME	handled	2017-07-12 17:32
+256757939005	SME	handled	2017-07-13 11:19
+256702477778	SME	handled	2017-07-13 12:47
+256704806793	Sme	handled	2017-07-13 13:33
+256704806793	Sme	handled	2017-07-13 14:43
+256704806793	SME	handled	2017-07-13 15:00
+256704149478	Sme	handled	2017-07-24 10:54
+256704149478	Sme	handled	2017-07-24 10:56
+256752232008	Sme	handled	2017-07-24 12:31
+256752232008	Sme	handled	2017-07-24 12:31
+256783960049	Yes	handled	2017-07-25 12:35
+256780338044	Thanks	handled	2017-07-25 13:53
+256787389867	YES	handled	2017-07-25 14:43
+256782107014	Yes	handled	2017-07-25 16:55
+256781122132	YES	handled	2017-07-25 21:05
+256781122132	OK	handled	2017-07-25 21:06
+256787413130	NO	handled	2017-07-26 10:53
+256787413130	Which sitting position is best for me at these weeks of pregnancy?	handled	2017-07-26 10:55
+256775264934	Okay	handled	2017-07-26 12:33
+256776148882	OKAY	handled	2017-07-26 13:30
+256782107014	Yes	handled	2017-07-26 15:26
+256773756451	yes	handled	2017-07-26 16:10
+256775489403	No	handled	2017-07-26 16:27
+256782364489	NO	handled	2017-07-26 16:46
+256779094147	Alright	handled	2017-07-27 08:17
+256787413130	YES	handled	2017-07-27 10:52
+256780338044	Ok thanks	handled	2017-07-27 13:38
+256776148882	OKAY DIA THANKS FOR DAT	handled	2017-07-28 12:44
+256774019751	Yee	handled	2017-07-28 15:56
+256779094147	I have it	handled	2017-07-29 14:11
+256773756451	Yes	handled	2017-07-29 23:04
+256775264934	No	handled	2017-07-30 12:51
+256775264934	Thanks	handled	2017-07-30 12:52

+256776148882	YES	handled	2017-07-30 13:32
+256776148882	OKAY	handled	2017-07-30 13:34
+256782107014	Ok	handled	2017-07-30 16:14
+256784169397	Yes	handled	2017-07-30 17:23
+256784169397	but not the last.	handled	2017-07-30 17:24
+256779094147	Yes	handled	2017-07-30 21:18
+256777880713	Yes	handled	2017-07-30 21:50
+256784305332	Yes	handled	2017-07-31 10:32
+256776148882	OKAY	handled	2017-07-31 12:59
+256775264934	Okay	handled	2017-07-31 13:05
+256776148155	No	handled	2017-07-31 13:08
+256780338044	YES	handled	2017-07-31 13:08
+256775374881	SME	handled	2017-07-31 13:25
+256775374881	21	handled	2017-07-31 13:28
+256774780381	No	handled	2017-07-31 14:11
+256773289937	Yes	handled	2017-07-31 15:21
+256783242641	Yes	handled	2017-07-31 17:56
+256783242641	Thx dear	handled	2017-07-31 17:57
+256777880713	Got it already	handled	2017-07-31 18:30
+256784305332	Ok	handled	2017-08-01 10:56
+256783960049	Yes	handled	2017-08-01 12:34
+256704484213	SME	handled	2017-08-01 12:51
+256704484213	SME	handled	2017-08-01 12:54
+256781122132	YES	handled	2017-08-01 13:14
+256781122132	OK	handled	2017-08-01 13:15
+256787389867	YES	handled	2017-08-01 15:32
+256782107014	Yes	handled	2017-08-01 15:51
+256787413130	No	handled	2017-08-02 11:03
+256773726952	SME	handled	2017-08-02 12:30
+256776148882	Yes dia	handled	2017-08-02 12:43
+256775264934	Alright	handled	2017-08-02 13:12
+256775489403	Yes	handled	2017-08-02 13:50
+256773726952	18 weeks now	handled	2017-08-02 16:34
+256777716001	SME	handled	2017-08-03 16:57
+256777716001	12 weeks	handled	2017-08-03 16:58
+256778991035	sME	handled	2017-08-04 12:59
+256778991035	18	handled	2017-08-04 12:59

+256773726952	How often should we have sex with my husband?	handled	2017-08-04 19:18
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Weekly failed to send messages

Phone Number	Message	Status	Sent On
+256784305332	Ask about your blood grouping results at your next clinic visit. See if relatives have same blood group so they can give blood if needed!	failed	2017-07-29 13:53
+256773790638	We hope to see you soon. Come for your scheduled appointment or call clinic to reschedule. Bring your partner & get 1 SMS Maama point!	failed	2017-07-31 16:18
+256773790638	It is common to have backache in pregnancy. Be careful lifting heavy things. Divide loads evenly between both hands. Ask others for help.	failed	2017-07-31 15:23
+256773756451	The area around your nipples may become darker and your breasts may feel a bit painful or heavier. Don't worry, your body is preparing to breastfeed.	failed	2017-07-31 17:58
+256773790638	You may need extra money during pregnancy for travel to the clinic and for when your baby arrives. Start saving a little bit every day.	failed	2017-08-02 15:24
+256784064254	You may need extra money during pregnancy for travel to the clinic and for when your baby arrives. Start saving a little bit every day.	failed	2017-08-02 15:24

Weekly hanging messages

Phone Number	Message	Status	Sent On
+256774370021	Thanks for attending your 1st antenatal visit at BMC! You need 4 antenatal visits in pregnancy. You have 3 visits left. Look for visit reminders!	sent	2017-07-29 22:54
+256781470755	Thanks for attending your 1st antenatal visit at BMC! You need 4 antenatal visits in pregnancy. You have 3 visits left. Look for visit reminders!	sent	2017-07-29 22:53

+256774370021	If you do develop bleeding with pain, visit the clinic as soon as possible. This could indicate a miscarriage or other serious problem.	sent	2017-07-29 09:10
+256774370021	Did you know that smoke from cooking can cause chest problems for you and your baby? keep the doors and windows open while cooking to let smoke out.	sent	2017-07-29 09:10
+256781470755	If you do develop bleeding with pain, visit the clinic as soon as possible. This could indicate a miscarriage or other serious problem.	sent	2017-07-29 10:30
+256781470755	It's normal to have general aches & pains in your 'stomach'. Your uterus is growing & stretching! If pain gets severe, don't wait. Visit the clinic.	sent	2017-07-29 10:30
+256774370021	It's not okay if your partner or anyone beats or shouts at you. You have the right to keep yourself and the babe safe. Seek help from the clinic.	sent	2017-07-31 09:10
+256781470755	Some medicines and herbs can harm your baby. If friends and family suggest a medicine, check with your midwife before taking it.	sent	2017-07-31 10:30
+256781470755	Drinking alcohol is bad for you & the baby. It could make your baby fail to develop properly. Don't drink alcohol during pregnancy.	sent	2017-08-02 10:30
+256779534301	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	sent	2017-08-02 15:45
+256772996805	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	sent	2017-08-02 15:55

Weekly read/delivered messages

Phone Number	Message	Status	Sent On
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+256773756451	Clinic visits help to identify problems early so there's time to manage them. Did you attend the last antenatal visit as planned? Reply: YES or NO	delivered	2017-07-29 23:03
+256753652415	Thanks for attending your 1st antenatal visit at BMC! You need 4 antenatal visits in pregnancy. You have 3 visits left. Look for visit reminders!	delivered	2017-07-29 22:53
+256759555920	If you do develop bleeding with pain, visit the clinic as soon as possible. This could indicate a miscarriage or other serious problem.	delivered	2017-07-29 10:30
+256701380609	If you do develop bleeding with pain, visit the clinic as soon as possible. This could indicate a miscarriage or other serious problem.	delivered	2017-07-29 10:30
+256752424097	If you do develop bleeding with pain, visit the clinic as soon as possible. This could indicate a miscarriage or other serious problem.	delivered	2017-07-29 10:30
+256703181825	If you do develop bleeding with pain, visit the clinic as soon as possible. This could indicate a miscarriage or other serious problem.	delivered	2017-07-29 10:30
+256700256871	If you do develop bleeding with pain, visit the clinic as soon as possible. This could indicate a miscarriage or other serious problem.	delivered	2017-07-29 10:30
+256753652415	If you do develop bleeding with pain, visit the clinic as soon as possible. This could indicate a miscarriage or other serious problem.	delivered	2017-07-29 10:30
+256778549345	If you do develop bleeding with pain, visit the clinic as soon as possible. This could indicate a miscarriage or other serious problem.	delivered	2017-07-29 10:30
+256759555920	It's normal to have general aches & pains in your 'stomach'. Your uterus is growing & stretching! If pain gets severe, don't wait. Visit the clinic.	delivered	2017-07-29 10:30

+256703181825	It's normal to have general aches & pains in your 'stomach'. Your uterus is growing & stretching! If pain gets severe, don't wait. Visit the clinic.	delivered	2017-07-29 10:30
+256778549345	It's normal to have general aches & pains in your 'stomach'. Your uterus is growing & stretching! If pain gets severe, don't wait. Visit the clinic.	delivered	2017-07-29 10:30
+256700256871	It's normal to have general aches & pains in your 'stomach'. Your uterus is growing & stretching! If pain gets severe, don't wait. Visit the clinic.	delivered	2017-07-29 10:30
+256753652415	It's normal to have general aches & pains in your 'stomach'. Your uterus is growing & stretching! If pain gets severe, don't wait. Visit the clinic.	delivered	2017-07-29 10:30
+256701380609	It's normal to have general aches & pains in your 'stomach'. Your uterus is growing & stretching! If pain gets severe, don't wait. Visit the clinic.	delivered	2017-07-29 10:30
+256752424097	It's normal to have general aches & pains in your 'stomach'. Your uterus is growing & stretching! If pain gets severe, don't wait. Visit the clinic.	delivered	2017-07-29 10:30
+256787413130	Your baby is due in 5 weeks! Your body has been getting ready for delivery. Each contraction will help to push out the baby.	delivered	2017-07-29 10:51
+256783242641	Did you know that smoke from cooking can cause chest problems for you and your baby? keep the doors and windows open while cooking to let smoke out.	delivered	2017-07-29 11:02
+256704366457	As your baby grows, they will start to press on your bladder. This will make you pass urine more often, perhaps disturbing your sleep. Do not fear!	delivered	2017-07-29 12:17
+256780338044	Ask about your blood grouping results at your next clinic visit. See if relatives have same blood group so they can give blood if needed!	delivered	2017-07-29 12:34

+256758000280	Your growing baby needs a lot of iron. Try to eat meat, beans, ground nuts or peas every day. Also take your iron supplement from the hospital.	delivered	2017-07-29 12:54
+256782849720	Oweebwa amagezi okwebakira kuludda lwo. Teeka obufaliso obutono wakati mumaviivigo. Amagulu gateekeko waggulu era weewale okwebakira kumugongo gwo. Kino kikendeeza okuzimba kw'amagulu n'ebigere.	delivered	2017-07-29 13:07
+256776148155	Worrying and stress can harm your pregnancy. If you are worried or anxious, talk to someone about it. Sharing worries can make them easier to deal with.	delivered	2017-07-29 13:07
+256773393999	Baby is growing hair and can grasp, frown, and suck thumb! Continue to take Fefol everyday so baby continues to grow well! They are free at clinic!	delivered	2017-07-29 13:17
+256773289937	As your baby grows, they will start to press on your bladder. This will make you pass urine more often, perhaps disturbing your sleep. Do not fear!	delivered	2017-07-29 13:25
+256775489403	Iodine helps your baby's brain develop. Salt often has iodine added to it. Ask your health worker where you can buy iodised salt.	delivered	2017-07-29 13:39
+256774780381	Cook meat well and wash fruit/vegetables with clean water. This will protect you from diarrhea and other illnesses that can be unhealthy for baby.	delivered	2017-07-29 13:58
+256773756451	A Maama Kit has everything for safe delivery. Take it to hospital when in labor. You will get one from SMS Maama at your last antenatal visit.	delivered	2017-07-29 15:31
+256782364489	Your baby is now the size of a small mango. You need to drink 8-12 glasses of clean water daily and eat fruit & vegetables to make passing stool easy.	delivered	2017-07-29 15:57

+256701881187	A Maama Kit has everything for safe delivery. Take it to hospital when in labor. You will get one from SMS Maama at your last antenatal visit.	delivered	2017-07-29 16:31
+256752729000	Did you know that smoke from cooking can cause chest problems for you and your baby? keep the doors and windows open while cooking to let smoke out.	delivered	2017-07-30 10:36
+256775264934	Do you often feel breathless, tired or dizzy while doing activities that would have been easy before pregnancy? Reply: YES or NO	delivered	2017-07-30 12:31
+256783960049	The area around your nipples may become darker and your breasts may feel a bit painful or heavier. Don't worry,your body is preparing to breastfeed.	delivered	2017-07-30 12:32
+256776148882	Clinic visits help to identify problems early so there's time to manage them. Did you attend the last antenatal visit as planned? Reply: YES or NO	delivered	2017-07-30 12:42
+256775264934	Breathlessness, extreme tiredness, & dizziness could mean low iron levels in your blood. This can be treated. If this starts, visit the clinic.	delivered	2017-07-30 12:51
+256775264934	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-07-30 12:51
+256773790638	Clinic visits help to identify problems early so there's time to manage them. Did you attend the last antenatal visit as planned? Reply: YES or NO	delivered	2017-07-30 12:56
+256784064254	Clinic visits help to identify problems early so there's time to manage them. Did you attend the last antenatal visit as planned? Reply: YES or NO	delivered	2017-07-30 13:00
+256781122132	You're pregnant but if you have sex, you still need condoms to protect you and baby from sexually transmitted infections (STIs) like syphilis & HIV.	delivered	2017-07-30 13:13

+256700115058	The area around your nipples may become darker and your breasts may feel a bit painful or heavier. Don't worry,your body is preparing to breastfeed.	delivered	2017-07-30 13:20
+256776148882	Great job! Clinic visits are important for you and baby! Make a reminder for yourself about the date & time of your 3rd appointment.	delivered	2017-07-30 13:32
+256776148882	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-07-30 13:32
+256787389867	The area around your nipples may become darker and your breasts may feel a bit painful or heavier. Don't worry,your body is preparing to breastfeed.	delivered	2017-07-30 14:23
+256775414650	Worrying and stress can harm your pregnancy. If you are worried or anxious, talk to someone about it. Sharing worries can make them easier to deal with.	delivered	2017-07-30 15:03
+256782107014	Ask about your blood grouping results at your next clinic visit. See if relatives have same blood group so they can give blood if needed!	delivered	2017-07-30 15:24
+256779094147	Get screened for Tuberculosis regularly, especially if someone in your family has TB. Early treatment will protect you and your baby.	delivered	2017-07-30 16:46
+256784169397	You may need extra money during pregnancy for travel to the clinic and for when your baby arrives. Start saving a little bit every day.	delivered	2017-07-30 16:56
+256703359694	Do you often feel breathless, tired or dizzy while doing activities that would have been easy before pregnancy? Reply: YES or NO	delivered	2017-07-30 17:00
+256777840696	At this stage of the pregnancy, you should feel baby kicks. Movements gets stronger and regular. Have you felt your baby move in past week? Reply: YES or NO	delivered	2017-07-30 17:00

+256777880713	At this stage of the pregnancy, you should feel baby kicks. Movements gets stronger and regular. Have you felt your baby move in past week? Reply: YES or NO	delivered	2017-07-30 17:05
+256700414646	Malaria is dangerous for your pregnancy but you can prevent it. Have you received medicine (Fansidar) to prevent malaria yet? Reply: YES or NO	delivered	2017-07-30 17:43
+256777880713	Good work getting to know baby! Feel baby wake & sleep .All babies move differently, but if baby begins to move less, go to clinic.	delivered	2017-07-30 21:50
+256777880713	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-07-30 21:50
+256784305332	At this stage of the pregnancy, you should feel baby kicks. Movements gets stronger and regular. Have you felt your baby move in past week? Reply: YES or NO	delivered	2017-07-31 10:29
+256701380609	Some medicines and herbs can harm your baby. If friends and family suggest a medicine, check with your midwife before taking it.	delivered	2017-07-31 10:30
+256759555920	Some medicines and herbs can harm your baby. If friends and family suggest a medicine, check with your midwife before taking it.	delivered	2017-07-31 10:30
+256778549345	Some medicines and herbs can harm your baby. If friends and family suggest a medicine, check with your midwife before taking it.	delivered	2017-07-31 10:30
+256703181825	Feeling sick? It's common with most women in early pregnancy. Have ginger, or lemon tea & rest. Eat 6 small meals daily instead of 3 large ones.	delivered	2017-07-31 10:30
+256700256871	Some medicines and herbs can harm your baby. If friends and family suggest a medicine, check with your midwife before taking it.	delivered	2017-07-31 10:30
+256753652415	Some medicines and herbs can harm your baby. If friends and family suggest a medicine, check with your midwife before taking it.	delivered	2017-07-31 10:30

+256752424097	Feeling sick? It's common with most women in early pregnancy. Have ginger, or lemon tea & rest. Eat 6 small meals daily instead of 3 large ones.	delivered	2017-07-31 10:30
+256784305332	Good work getting to know baby! Feel baby wake & sleep .All babies move differently, but if baby begins to move less, go to clinic.	delivered	2017-07-31 10:32
+256784305332	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-07-31 10:32
+256787413130	Plan ahead for your transport and airtime in case of emergency needs when labor starts. Contractions & leaking water from vagina are labor signs!	delivered	2017-07-31 10:51
+256783242641	Malaria is dangerous for your pregnancy but you can prevent it. Have you received medicine (Fansidar) to prevent malaria yet? Reply: YES or NO	delivered	2017-07-31 11:02
+256704366457	Clinic visits help to identify problems early so there's time to manage them. Did you attend the last antenatal visit as planned? Reply: YES or NO	delivered	2017-07-31 12:17
+256775264934	Your baby can hear your heartbeat, your voice and other noises from inside your body. So talk and sing to them regularly!	delivered	2017-07-31 12:30
+256780338044	At this stage of the pregnancy, you should feel baby kicks. Movements gets stronger and regular. Have you felt your baby move in past week? Reply: YES or NO	delivered	2017-07-31 12:34
+256776148882	It is common to have backache in pregnancy. Be careful lifting heavy things. Divide loads evenly between both hands. Ask others for help.	delivered	2017-07-31 12:41
+256784064254	We hope to see you soon. Come for your scheduled appointment or call clinic to reschedule. Bring your partner & get 1 SMS Maama point!	delivered	2017-07-31 13:00

+256784064254	It is common to have backache in pregnancy. Be careful lifting heavy things. Divide loads evenly between both hands. Ask others for help.	delivered	2017-07-31 13:00
+256782849720	Okweralikilira n'okunyigirizibwa ebiwoozo bisobola okulumya olubuto lwo. Bwoba weralikiridde oba ng'otidde nyo, yogerako n'omuntu omulala. Okwogerako n'abalala kubitweralikiriza kisobola okutugondeza okubiyitamu.	delivered	2017-07-31 13:07
+256776148155	Have you experienced increased thirst, urination, hunger, and/or problems with your eyes in the past few weeks? Reply: YES or NO	delivered	2017-07-31 13:07
+256776148155	It is normal to be hungry and urinate more in pregnancy. But sometimes this is a sign of gestational diabetes. Ask for info at clinic.	delivered	2017-07-31 13:08
+256776148155	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-07-31 13:08
+256780338044	Good work getting to know baby! Feel baby wake & sleep .All babies move differently, but if baby begins to move less, go to clinic.	delivered	2017-07-31 13:08
+256780338044	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-07-31 13:08
+256773393999	Unexplained loss of weight, fever, coughing for more than 2 weeks and night sweats could be due to TB? Have u had any? Reply: YES or NO.	delivered	2017-07-31 13:17
+256773289937	Clinic visits help to identify problems early so there's time to manage them. Did you attend the last antenatal visit as planned? Reply: YES or NO	delivered	2017-07-31 13:25
+256775374881	Welcome to SMS Maama! Have the midwife help you with this question: How many weeks pregnant are you? Please reply with only a number eg 10	delivered	2017-07-31 13:25

+256775374881	You will now receive messages with information for you and your baby. If you want to stop receiving these messages, text STOP.	delivered	2017-07-31 13:28
+256775489403	When pregnant, try to prevent infections. Wash your hands with soap before preparing meals, after using the toilet and after handling animals.	delivered	2017-07-31 13:39
+256774780381	Unexplained loss of weight, fever, coughing for more than 2 weeks and night sweats could be due to TB? Have u had any? Reply: YES or NO.	delivered	2017-07-31 13:58
+256774780381	Unexplained weight loss, fever and coughing with night sweats could be signs of TB, a treatable disease especially when caught early.	delivered	2017-07-31 14:11
+256774780381	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-07-31 14:11
+256774019751	Abaana bwabagenda bakula, banyigiriza akawago ko. Kino kikuviiramu okufukaanga omusulo buli kiseera, olumu okutawaanya ennebakayo. Totya!	delivered	2017-07-31 15:43
+256773289937	Great job! Clinic visits are important for you and baby! Make a reminder for yourself about the date & time of your 3rd appointment.	delivered	2017-07-31 15:21
+256773289937	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-07-31 15:21
+256701881187	The area around your nipples may become darker and your breasts may feel a bit painful or heavier. Don't worry, your body is preparing to breastfeed.	delivered	2017-07-31 16:31
+256703359694	Breathlessness, extreme tiredness, & dizziness could mean low iron levels in your blood. This can be treated. If this starts, visit the clinic.	delivered	2017-07-31 17:00
+256777840696	If you haven't felt baby move yet, talk to your midwife, she can help! There's a wide range of time for when you begin to feel baby move.	delivered	2017-07-31 17:00

+256777840696	Welcome to your 3rd Trimester. Your time is near! Find a labor companion-someone to be with you during labor. This can reduce stress & complications.	delivered	2017-07-31 17:00
+256703359694	It is advised that you sleeping on your side. Put pillows between the knees. Elevate feet and avoid sleeping on back. This reduces leg and foot swelling	delivered	2017-07-31 17:00
+256777880713	Giving birth puts you and your baby at risk of tetanus. The Tetanus vaccine protects you both. Ask your midwife how to get it during pregnancy.	delivered	2017-07-31 17:05
+256700414646	You may need extra money during pregnancy for travel to the clinic and for when your baby arrives. Start saving a little bit every day.	delivered	2017-07-31 17:38
+256783242641	Good! You should get three doses during pregnancy. It protects you & your baby from getting sick. Continue to ask at antenatal visits."	delivered	2017-07-31 17:56
+256783242641	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-07-31 17:56
+256784305332	Giving birth puts you and your baby at risk of tetanus. The Tetanus vaccine protects you both. Ask your midwife how to get it during pregnancy.	delivered	2017-08-01 10:29
+256783242641	You may need extra money during pregnancy for travel to the clinic and for when your baby arrives. Start saving a little bit every day.	delivered	2017-08-01 11:02
+256704366457	We hope to see you soon. Come for your scheduled appointment or call clinic to reschedule. Bring your partner & get 1 SMS Maama point!	delivered	2017-08-01 12:17
+256704366457	It is common to have backache in pregnancy. Be careful lifting heavy things. Divide loads evenly between both hands. Ask others for help.	delivered	2017-08-01 12:17

+256783960049	Do you feel pain or a burning sensaton when you pass urine? Do you have itching and/or discomfort?- You may have a UTI. Reply: YES or NO	delivered	2017-08-01 12:31
+256783960049	It shouldn't hurt to urinate. Pain, itching, or discomfort while urinating could be a urinary tract infection. Visit clinic to treat.	delivered	2017-08-01 12:34
+256783960049	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-08-01 12:34
+256780338044	Giving birth puts you and your baby at risk of tetanus. The Tetanus vaccine protects you both. Ask your midwife how to get it during pregnancy.	delivered	2017-08-01 12:34
+256704484213	Welcome to SMS Maama! Have the midwife help you with this question: How many weeks pregnant are you? Please reply with only a number eg 10	delivered	2017-08-01 12:51
+256704484213	Welcome to SMS Maama! Have the midwife help you with this question: How many weeks pregnant are you? Please reply with only a number eg 10	delivered	2017-08-01 12:54
+256776148155	Blood tests show if you lack iron or have an infection. This is important to know to protect baby. Bring money for tests to your next appointment.	delivered	2017-08-01 13:07
+256781122132	Do you often feel breathless, tired or dizzy while doing activities that would have been easy before pregnancy? Reply: YES or NO	delivered	2017-08-01 13:13
+256781122132	Breathlessness, extreme tiredness, & dizziness could mean low iron levels in your blood. This can be treated. Visit the clinic.	delivered	2017-08-01 13:14
+256781122132	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-08-01 13:14
+256773393999	Unexplained weight loss, fever and coughing with night sweats could be signs of TB, a treatable disease especially when caught early.	delivered	2017-08-01 13:17

+256773393999	Giving birth puts you and your baby at risk of tetanus. The Tetanus vaccine protects you both. Ask your midwife how to get it during pregnancy.	delivered	2017-08-01 13:17
+256700115058	Do you often feel breathless, tired or dizzy while doing activities that would have been easy before pregnancy? Reply: YES or NO	delivered	2017-08-01 13:20
+256773289937	It is common to have backache in pregnancy. Be careful lifting heavy things. Divide loads evenly between both hands. Ask others for help.	delivered	2017-08-01 13:25
+256774780381	It's okay to have sex while pregnant. Advise your partner to be gentle & faithful. Though pregnant, use condoms to protect you & baby.	delivered	2017-08-01 13:58
+256787389867	Do you feel pain or a burning sensation when you pass urine? Do you have itching and/or discomfort?- You may have a UTI. Reply: YES or NO	delivered	2017-08-01 14:23
+256775414650	Do you feel pain or a burning sensation when you pass urine? Do you have itching and/or discomfort?- You may have a UTI. Reply: YES or NO	delivered	2017-08-01 15:03
+256782107014	At this stage of the pregnancy, you should feel baby kicks. Movements gets stronger and regular. Have you felt your baby move in past week? Reply: YES or NO	delivered	2017-08-01 15:24
+256787389867	It shouldn't hurt to urinate. Pain, itching, or discomfort while urinating could be a urinary tract infection. Visit clinic to treat.	delivered	2017-08-01 15:32
+256787389867	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-08-01 15:32
+256782107014	Good work getting to know baby! Feel baby wake & sleep .All babies move differently, but if baby begins to move less, go to clinic.	delivered	2017-08-01 15:51
+256782107014	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-08-01 15:51

+256784169397	Ask about your blood grouping results at your next clinic visit. See if relatives have same blood group so they can give blood if needed!	delivered	2017-08-01 16:56
+256703181825	Some medicines and herbs can harm your baby. If friends and family suggest a medicine, check with your midwife before taking it.	delivered	2017-08-02 10:30
+256701380609	Drinking alcohol is bad for you & the baby. It could make your baby fail to develop properly. Don't drink alcohol during pregnancy.	delivered	2017-08-02 10:30
+256759555920	Drinking alcohol is bad for you & the baby. It could make your baby fail to develop properly. Don't drink alcohol during pregnancy.	delivered	2017-08-02 10:30
+256778549345	Drinking alcohol is bad for you & the baby. It could make your baby fail to develop properly. Don't drink alcohol during pregnancy.	delivered	2017-08-02 10:30
+256752424097	Some medicines and herbs can harm your baby. If friends and family suggest a medicine, check with your midwife before taking it.	delivered	2017-08-02 10:30
+256700256871	Drinking alcohol is bad for you & the baby. It could make your baby fail to develop properly. Don't drink alcohol during pregnancy.	delivered	2017-08-02 10:30
+256753652415	Drinking alcohol is bad for you & the baby. It could make your baby fail to develop properly. Don't drink alcohol during pregnancy.	delivered	2017-08-02 10:30
+256752729000	Your baby is now the size of a small mango. You need to drink 8-12 glasses of clean water daily and eat fruit & vegetables to make passing stool easy.	delivered	2017-08-02 10:36
+256787413130	Have you experienced increased thirst, urination, hunger, and/or problems with your eyes in the past few weeks? Reply: YES or NO	delivered	2017-08-02 10:51

+256787413130	It is normal to be hungry and urinate more in pregnancy. But sometimes this is a sign of gestational diabetes. Ask for info at clinic.	delivered	2017-08-02 11:03
+256787413130	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-08-02 11:03
+256773726952	Welcome to SMS Maama! Have the midwife help you with this question: How many weeks pregnant are you? Please reply with only a number eg 10	delivered	2017-08-02 12:30
+256775264934	A Maama Kit has everything for safe delivery. Take it to hospital when in labor. You will get one from SMS Maama at your last antenatal visit.	delivered	2017-08-02 12:30
+256783960049	Your growing baby needs a lot of iron. Try to eat meat, beans, ground nuts or peas every day. Also take your iron supplement from the hospital.	delivered	2017-08-02 12:31
+256776148882	You may need extra money during pregnancy for travel to the clinic and for when your baby arrives. Start saving a little bit every day.	delivered	2017-08-02 12:42
+256758000280	Have you experienced increased thirst, urination, hunger, and/or problems with your eyes in the past few weeks? Reply: YES or NO	delivered	2017-08-02 12:54
+256782849720	Owulidde okweyongera mukulumwa enyonta, mukufuka omusulo, enjala n'oba obuzibu n'amaaso esabiiti eziyise? Weereza: YEE oba NEDDA	delivered	2017-08-02 13:07
+256781122132	Your baby can hear your heartbeat, your voice and other noises from inside your body. So talk and sing to them regularly!	delivered	2017-08-02 13:13
+256700115058	Breathlessness, extreme tiredness, & dizziness could mean low iron levels in your blood. This can be treated. If this starts, visit the clinic.	delivered	2017-08-02 13:20
+256700115058	Your growing baby needs a lot of iron. Try to eat meat, beans, ground nuts or peas every day. Also take your iron supplement from the hospital.	delivered	2017-08-02 13:21

+256775374881	Your baby's heart & brain are forming! Folic acid & iron tablets are important for the baby to grow well. Get them at clinic. Take them daily!	delivered	2017-08-02 13:29
+256775489403	Malaria is dangerous for your pregnancy but you can prevent it. Have you received medicine (Fansidar) to prevent malaria yet? Reply: YES or NO	delivered	2017-08-02 13:40
+256775489403	Good! You should get three doses during pregnancy. It protects you & your baby from getting sick. Continue to ask at antenatal visits."	delivered	2017-08-02 13:50
+256775489403	Thank you for your response! You have earned 1 SMS Maama point.	delivered	2017-08-02 13:50
+256787389867	Your growing baby needs a lot of iron. Try to eat meat, beans, ground nuts or peas every day. Also take your iron supplement from the hospital.	delivered	2017-08-02 14:23
+256775414650	Your baby is about the size of a pawpaw! You may feel the baby reacting to light and sound. Try singing! Baby may move when you sing.	delivered	2017-08-02 15:03
+256782107014	Giving birth puts you and your baby at risk of tetanus. The Tetanus vaccine protects you both. Ask your midwife how to get it during pregnancy.	delivered	2017-08-02 15:24
+256773756451	Do you feel pain or a burning sensation when you pass urine? Do you have itching and/or discomfort?- You may have a UTI. Reply: YES or NO	delivered	2017-08-02 15:31
+256753741886	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:45
+256758924724	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:50

+256756224325	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:50
+256704365220	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:50
+256704149478	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:55
+256704484213	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:55
+256752232008	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:55
+256773658500	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:55
+256704806793	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:55
+256780391286	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:55
+256702477778	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:55
+256757939005	Congratulations on your pregnancy! In order to stay healthy, eat enough fruits and vegetables. Also get an HIV test to protect yourself and the baby.	delivered	2017-08-02 15:55

+256782364489	A Maama Kit has everything for safe delivery. Take it to hospital when in labor. You will get one from SMS Maama at your last antenatal visit.	delivered	2017-08-02 15:57
+256701881187	Do you feel pain or a burning sensation when you pass urine? Do you have itching and/or discomfort?- You may have a UTI. Reply: YES or NO	delivered	2017-08-02 16:31
+256773726952	You will now receive messages with information for you and your baby. If you want to stop receiving these messages, text STOP.	delivered	2017-08-02 16:34
+256777840696	Giving birth puts you and your baby at risk of tetanus. The Tetanus vaccine protects you both. Ask your midwife how to get it during pregnancy.	delivered	2017-08-02 17:00
+256703359694	A Maama Kit has everything for safe delivery. Take it to hospital when in labor. You will get one from SMS Maama at your last antenatal visit.	delivered	2017-08-02 17:00
+256777880713	You need to continue taking iron tablets after the baby's birth. Iron can make you constipated so eat a lot of foods with fiber and drink water.	delivered	2017-08-02 17:05
+256700414646	Your baby is now the size of a mango. You need to drink 8-12 glasses of clean water daily and eat fruit & vegetables to make passing stool easy.	delivered	2017-08-02 17:38
+256777716001	Welcome to SMS Maama! Have the midwife help you with this question: How many weeks pregnant are you? Please reply with only a number eg 10	delivered	2017-08-03 16:57
+256777716001	You will now receive messages with information for you and your baby. If you want to stop receiving these messages, text STOP.	delivered	2017-08-03 16:58
+256778991035	Welcome to SMS Maama! Have the midwife help you with this question: How many weeks pregnant are you? Please reply with only a number eg 10	delivered	2017-08-04 12:59

+256778991035	You will now receive messages with information for you and your baby. If you want to stop receiving these messages, text STOP.	delivered	2017-08-04 12:59
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